

Older Adults

COMPUTERS: MS WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important toolbars. A suggested donation of \$5 is due at the first class.

Staff, Recreation		Rodgers Senior Center Computer Lab			
4802.301	50yrs +	7/11-8/1	9:00am-12:00pm	W	\$15
4802.302	50yrs +	8/8-8/29	9:00am-12:00pm	W	\$15

COMPUTERS: ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7. Ask questions, get answers, have fun! No class Aug. 16 or Aug. 17.

Lander, Joel		Rodgers Senior Center Game Room			
4547.300	Adult	7/5-7/26	2:00pm-4:00pm	Th	\$66
4547.301	Adult	8/2-8/30	2:00pm-4:00pm	Th	\$66

COMPUTERS: PICASA PHOTO ORGANIZING & MORE

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share pictures via web albums, CDs, emails, print and much more. No class Aug. 17.

Lander, Joel		Rodgers Senior Center Computer Lab			
4548.300	Adult	7/6-7/27	9:00am-12:00pm	F	\$66
4548.301	Adult	8/3-8/31	9:00am-12:00pm	F	\$66

COMPUTERS: Please see page 29 for more computer classes.

FITNESS: PILATES FOR SENIORS

Pilates is ideal for people over 50 because of its low-impact exercises. Benefits of Pilates include: improved posture, strength, balance, along with an enhanced mind/body connection and total body awareness to reduce the risk of falls. The class will incorporate a chair for stability/flexibility exercises. Bring an exercise mat.

HB Pilates		Rodgers Senior Center Game Room			
4822.300	50yrs +	6/18-8/20	12:30pm-1:30pm	M	\$88

YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. This class is held at the S. Amsler's Martial Arts Center 18595 Brookhurst St.

HelpYourHealth, RoxAnn Madera

S.A. Martial Art Center 18595 Brookhurst

4510.300	55yrs+	6/18-8/20	1:00pm-2:30pm	M	\$145
4510.301	55yrs+	6/19-8/21	12:30pm-2:00pm	Tu	\$145
4510.302	55yrs+	6/20-8/22	10:30am-12:00pm	W	\$145
4510.303	55yrs+	6/22-8/24	10:30am-12:00pm	F	\$145

Parks & Recreation...
Promote Longevity
 ...The Benefits Are Endless

No classes July 4

Sports Programs

YOUTH SPORTS

The City of Huntington Beach Youth Sports Program stresses the importance of teaching young people not only the rules and strategies of games but important lessons about life as well. Positive youth sports programs help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. Coaches, spectators, families and participants are encouraged to be mindful that these programs are designed to develop the whole person, not just the athlete, and that sportsmanship is a required element of the City of Huntington Beach Youth Sports program.

SUMMER VOLLEYBALL CAMP

Boys and girls grades 4-8 will be introduced to the fundamentals of indoor volleyball in this instruction based camp with an emphasis on learning the game while having fun! All skill levels are welcomed and participants will be taught the basics of volleyball through game based drills, hands on training and semi-competitive scrimmages. Get ready for the fall indoor volleyball league with this great new camp! All players will receive a HB recreation jersey.

Staff, Recreation		City Gym Gymnasium			
7745.300	All ages	7/23-7/27	2:00pm-3:30pm	M Tu W Th F	\$55
7745.301	All ages	7/23-7/27	3:30pm-5:00pm	M Tu W Th F	\$55

PEE WEE T-BALL

Pee Wee T-Ball is a non-competitive introduction to T-Ball for youth between the ages of 3 and 5 years old. Participants will learn fundamental T-ball techniques, basic rules of the game and to have fun while playing sports. Participants will also strengthen social skills by interacting with their coaches and teammates. All players will be placed on a team and will receive an HB recreation jersey! No Class July 4th.

Staff, Recreation		Murdy Community Center Softball Field #1			
7728.404	3yrs to 5yrs	6/18-7/16	10:00am-10:50am	M W	\$55
7728.405	3yrs to 5yrs	6/18-7/16	11:00am-11:50am	M W	\$55
7728.406	3yrs to 5yrs	6/18-7/16	12:00pm-12:50pm	M W	\$55

Staff, Recreation		Edison Community Center Softball #1			
7729.404	3yrs to 5yrs	6/18-7/16	10:00am-10:50am	M W	\$55
7729.405	3yrs to 5yrs	6/18-7/16	11:00am-11:50am	M W	\$55
7729.406	3yrs to 5yrs	6/18-7/16	12:00pm-12:50pm	M W	\$55

JUNIOR BASEBALL/SOFTBALL

Junior Baseball/Softball is a semi-competitive introduction to baseball and softball for youth between the ages of 6 and 8 years old. Participants will learn fundamental baseball and softball techniques, basic rules of the game and to have fun while playing sports. Participants will also strengthen social skills by interacting with their coaches and teammates. All players will be placed on a team and will receive an HB recreation jersey! No class July 4th.

Staff, Recreation		Murdy Community Center Softball Field #1			
7730.402	6yrs to 8yrs	6/18-7/16	1:00pm-1:50pm	M W	\$50

Staff, Recreation		Edison Community Center Softball #1			
7731.402	6yrs to 8yrs	6/18-7/16	1:00pm-1:50pm	M W	\$55

BASEBALL: INSTRUCTIONAL

This City of Huntington Beach program is a clinic-based program with an emphasis on learning the game and having fun. All skill levels are welcome and basic fundamentals will be taught through drills and instruction. Players will enjoy a recreational program where enjoying baseball is the key to learning. All players will be placed on a team and will receive an HB recreation jersey! No class July 4th.

Staff, Recreation		Murdy Community Center Softball Field #1			
7732.402	9yrs to 12yrs	6/18-7/16	1:00pm-1:50pm	M W	\$55

Sports Programs

SOFTBALL: INSTRUCTIONAL

This City of Huntington Beach program is a clinic-based program with an emphasis on learning the game and having fun. All skill levels are welcome and basic fundamentals will be taught through drills and instruction. Players will enjoy a recreational program where enjoying softball is the key to learning. All players will be placed on a team and will receive an HB recreation jersey! No class July 4th.

Staff, Recreation Softball #1 Edison Community Center
7733.402 9yrs to 12yrs 6/18-7/16 1:00pm-1:50pm M W \$55

PEE WEE BASKETBALL

Pee Wee basketball is a non-competitive introduction to basketball for youth between the ages of 3 and 5 years old. Participants will learn fundamental basketball techniques, basic rules of the game and to have fun while playing sports. Participants will also strengthen social skills by interacting with their coaches and teammates. All players will be placed on a team and will receive an HB recreation jersey!

Staff, Recreation Murdy Community Center Basketball Courts
7719.402 3yrs to 5yrs 6/23-7/28 9:30am-10:20am Sa \$55

Staff, Recreation City Gym Gymnasium
7720.402 3yrs to 5yrs 6/23-7/28 9:30am-10:20am Sa \$55
7720.403 3yrs to 5yrs 6/23-7/28 10:30am-11:20am Sa \$55

JUNIOR BASKETBALL

Junior basketball is a semi-competitive introduction to basketball for youth in 1st or 2nd grade. Participants will learn fundamental basketball techniques, basic rules of the game and to have fun while playing sports. Participants will also strengthen social skills by interacting with their coaches and teammates. All players will be placed on a team and will receive an HB recreation jersey!

Staff, Recreation Murdy Community Center Basketball Courts
7716.402 6yrs to 8yrs 6/23-7/28 10:30am-11:20am Sa \$50

Staff, Recreation City Gym
7717.402 6yrs to 8yrs 6/23-7/28 11:30am-12:20pm Sa \$50

SUMMER BASKETBALL: INSTRUCTIONAL



The Summer Basketball program is a clinic based program with an emphasis on learning the game and having fun. All skill levels are welcome and the fundamentals of basketball will be taught through game based drills and instruction. Players will participate in a recreational program where enjoying basketball is the key to learning. All players will be placed on a team and will receive an HB recreation jersey! No class July 3rd and 5th.

Staff, Recreation City Gym Gymnasium
7734.300 9yrs to 10yrs 6/19-7/19 3:00pm-3:50pm Tu Th \$55
7734.301 11yrs to 13yrs 6/19-7/19 4:00pm-4:50pm Tu Th \$55

SHOOTING STARS BASKETBALL

Shooting Stars Basketball is for all boys and girls with special needs between the ages of 11-21. Participants will learn fundamental basketball techniques, basic rules of the game and to have fun while playing sports. Every player will receive an HB Recreation jersey! All of the practices/games will be played on Saturday afternoons at the City Gym & Pool.

Staff, Recreation City Gym Gymnasium
7724.402 10yrs to 20yrs 6/23-7/28 12:30pm-1:20pm Sa \$50

ADULT SPORTS

ADULT SIX'S VOLLEYBALL LEAGUE

Winter, Spring, Summer & Fall Sessions

This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City gym at 714-960-8884 or Rics Volleyball 714-375-5063. Gym Closed July 4th.

Win Win, Promotions LLC City Gym Gymnasium
7900.300 Adult 6:00pm-10:00pm M W \$250

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Summer season will begin the week of May 6, 2012 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday, Thursday or Friday. Coed teams play Sunday Wednesday, or Friday. Team registration costs are \$420.00 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. The fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee. Legends Senior Women's Softball Association plays on Thursday nights at Murdy Park. If you are interested call 714-523-2313. Deadline for registration is Thursday, April 26, 2012. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail beginning March 19, 2012. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers. Registration information for the Fall 2012 season will be available in July for the season starting in Mid-August, 2012.

MEN'S ADULT RECREATIONAL BASKETBALL LEAGUE

Winter, Spring, Summer and Fall Sessions

Basketball leagues are played on Sundays and are arranged by the overall skill level of each team to ensure competitiveness. Leagues are height restricted-6'0" and under and 6'5" and under (with a 1" allowance). Each team is also responsible for a \$30 game fee each week to cover two officials and a scorekeeper/statistician. The last two game fees are collected with the registration fee as a deposit against forfeits. For more information please go to hoopsunlimited.com or call the City Gym and Pool at 714-960-8884 for registration information.

Walker, Marty City Gym Gymnasium
7901.300 Adult 9:00am-5:30pm Su \$426

ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of June 11, 2012. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6-including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call 714- 536-5486. The first day of registration will be May 1, 2012. The deadline to turn in team registration to City Hall is May 31, 2012.

Leagues:

6 v 6 Men's Open	Monday Nights	6:30pm, 7:30pm, 8:30pm
6 v 6 Men's Rec - 28 & Over	Tuesday Nights	6:30pm, 7:30pm, 8:30pm
6 v 6 Men's Open	Wednesday Nights	6:30pm, 7:30pm, 8:30pm
6 v 6 Coed Rec - 28 & Over	Thursday Nights	6:30pm, 7:30pm, 8:30pm
6 v 6 Coed Open	Friday Nights	6:30pm, 7:30pm, 8:30pm